

GOLDEN GAZETTE

A Monthly Newspaper for Senior Adults in the Fairfax Area

JULY 2005

Serving Seniors for 29 Years

VOL. 29, NO. 3

How Practice Guidelines Can Help You Get State-of-the-Art Care

by Granger Benson, M.D.

If you're like most people, you may believe that doctors make medical recommendations by applying their individual expertise to the unique problems presented by their patients; that each situation is different and requires a customized approach; that the most important element in successful treatment is a trusting doctor-patient relationship; that outside "referees" have no business intruding into the examining room. Are you right? Well, the answer is yes and no.

Until about 20 years ago, these statements would have certainly been true. Physicians were considered autonomous professionals who made decisions based on their personal knowledge and experience. But about that time, the new phenomenon of the practice guideline began to gain a foothold in medicine. Originally maligned as "cookbook medicine," practice guidelines have gradually entered into medicine's mainstream. Patients have reason to applaud this development.

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This is an abridged version with links to senior centers and county tours. Policy prohibits publishing the ads that are included in the print version.

If you would like to receive the print version on a monthly basis, please e-mail kathy.wilson@fairfaxcounty.gov. It's free! Large-print and recorded formats also are available.

Empty Envelope Alert From Medicare

On May 20, 2005, the Centers for Medicare and Medicaid Services (CMS) began mailing notices to approximately 4.7 million people who are eligible for both Medicare and Medicaid and 1.3 million people who get help from Medicaid paying their Medicare premiums. These notices let them know that they automatically qualify for extra help with their Medicare prescription drug plan costs.

CMS has become aware that some intended recipients of the letters received empty envelopes. It is believed the problem is random and very limited. The letters do not include any personal or sensitive information beyond the address on the envelope. However, given the size of the mailing, even an error rate of one-tenth of one percent could cause confusion among 6,000 individuals.

If you received an empty envelope, you should call **1-800 MEDICARE (1-800-633-4227)**. TTY users should call **1-877-486-2048**. The customer service representatives (CSRs) will ask further questions of callers to determine if they have Medicare and Medicaid or get help from Medicaid paying their Medicare premiums. A CSR will then authenticate the individual and check the records to verify if the caller is eligible for the low-income subsidy. If they are, the CSR will read preapproved language that conveys the content of the letter. This will ensure that people who qualify for extra help can immediately get accurate and consistent information, and identify any further problems with the mailing. Keep in mind that CMS is planning future communications with these individuals, most of whom will receive an automatic enrollment notice this fall.

GOLDEN GAZETTE

Published by the

Department of Family Services

FAIRFAX AREA AGENCY ON AGING

12011 Government Center Parkway

Suite #708

Fairfax, VA 22035-1104

Telephone: 703-324-5411

Toll-Free: 1-866-503-0217

TTY: 703-449-1186

FAX: 703-449-8689

Web Site: www.fairfaxcounty.gov/service/aaa. The Golden Gazette is online.

The *Golden Gazette* is a free, monthly newspaper dedicated to serving persons age 60 and over in Fairfax County and the cities of Fairfax and Falls Church.

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ADDRESS ADDITIONS/CORRECTIONS AND CONTRIBUTIONS

Although the *Golden Gazette* accepts limited paid advertisements, reader contributions are critical to ensure continuation of the publication. We are very grateful to all of you who do send contributions, regardless of the amount (the average contribution is about \$7.00). ***Please note that contributions are entirely voluntary.***

If you have an address change, are receiving duplicates, or if you would like to make a contribution, please complete the form below and mail to: **Golden Gazette, Area Agency on Aging, 12011 Government Center Parkway, Suite 708, Fairfax, VA 22035-1104.** Checks should be made payable to **Fairfax County**. Please list your current address below or attach your mailing label and check the appropriate lines. If you prefer to call about address changes, the number is **703-324-5633**.

____ Contribution check attached.
____ I am NOT currently on your mailing list. Please add my name and address.
____ I am already on your mailing list.
____ I am moving. My new address in the Fairfax area will be:
NAME _____
CURRENT ADDRESS _____ Zip: _____
NEW ADDRESS (if applicable) _____ Zip: _____
TELEPHONE (in case we have a question) _____

Publication of advertising contained herein does not constitute endorsement.



To comply with the Americans With Disabilities Act, the *Golden Gazette* is available in large-print and recorded formats. Call **703-324-5633** to request an alternative format.

The names and addresses of persons receiving the *Golden Gazette* are subject to disclosure pursuant to the Virginia Freedom of Information Act, VA Code Sec. 2.1-340 thru 346.1. Inquiries or complaints concerning this policy should be directed to the Fairfax Area Agency on Aging, 12011 Government Center Parkway, #708, Fairfax, VA 22035-1104.

The Fairfax Area Agency on Aging contracts with Southern Maryland Printing in Waldorf, MD, for printing and mailing services.

Commission on Aging Monthly Meeting—New Location

The Fairfax Area Commission on Aging (COA) will meet on **Wednesday, July 20, at 1:00 p.m.**, at Supervisor Bulova's office, Braddock Hall (adjacent to the Kings Park Library, 9002 Burke Lake Road, Burke). A public comment period is held at the beginning of each meeting. (Note: The COA meets on the third Wednesday of each month, **except August**.)

Call **703-324-7746** for information or to be placed on the mailing list. If you need a sign language interpreter or any special accommodation or auxiliary aid, please call the Fairfax Area Agency on Aging at **703-324-5411** (voice) or **703-449-1186 (TTY)** at least five working days in advance of the meeting. There is no charge for these services.

DEADLINES

ALWAYS the first of the month a month in advance (for ads, ad payments, and announcements)

Issue

August
September
October

Due Date

July 1
August 1
September 1

FAMILY MEETINGS CAN HELP PASS ON FAMILY ASSETS

Provided by Tim Murray, CFP®

Passing on the family wealth from one generation to the next—whether involving a network of businesses and philanthropic organizations or simply the family home and prized heirlooms—is never easy. But periodically holding family meetings can go a long way in making that transition smoother, more effective, and less painful for the head of the family and their heirs.

The wealthy have long held family meetings to discuss the family enterprises and philanthropic endeavors. Some meetings are multi-day retreats in luxurious settings involving hired facilitators and advisors. But even for families whose “meeting” is held around the kitchen table at home, the benefits can be immeasurable.

Family meetings can help the head of the family, among other things,

- Refine his or her estate plan, and clarify its components for the benefit of the entire family.
- Overcome the reluctance to talk about family money or difficult estate planning issues such as wills and long-term care.
- Allay concerns or anxiety among heirs often engendered by being kept “out of the loop.”
- Reduce the potential for family feuds over inheritances.
- Convey the family’s money history and promote money values.
- Increase the likelihood the family business or other family wealth will endure through subsequent generations.
- Craft or instill a family mission statement.

While these and similar issues may be discussed informally, if discussed at all, a more formal family meeting improves the odds that critical issues will be thoroughly aired.

Determine the Main Purpose for the Meeting. For families of modest means, the meeting might focus on the content of the parents’ will and which heirs might like which heirlooms. Talking about this now, while the parents are

alive, can reduce battles among the heirs after the parents die. The parents might discuss their living wills and who will be their health care power of attorney so the family doesn’t go through a Terri Schiavo-like court battle. They might detail their funeral arrangements and living arrangements should they need long-term care.

For families with a business, family meetings present an ongoing opportunity to report on the state of the family business, as well as to wrestle with such issues as succession planning. The same applies to families with philanthropic endeavors.

Determine Whom to Invite. The more “inclusive” the family meeting, the better. Typically, you’ll want to involve not just children but grandchildren (if they’re old enough), spouses (who may heavily influence your heirs), other relatives, sometimes key employees and financial advisors for meetings involving a family business or philanthropy, or others who may be intimately involved in your financial life.

Choose a Comfortable Place to Meet. Yes, some families can hold the family meeting around the kitchen table. But it’s usually best if you can go somewhere neutral, particularly the more people you include. It doesn’t have to be an expensive “retreat,” but by making the location special, everyone is more apt to treat the meeting as special.

Structure It. Advisors for family businesses commonly recommend three components: (1) the business portion, (2) an education component where you can educate heirs about the running of the family business or philanthropy, or managing money in general, and (3) a social component. Don’t overlook the latter. Important issues can be resolved through the social setting.

How to conduct it. Usually the head of the family can handle such meetings themselves. But hiring a professional such as your financial

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Family Meetings *Cont. From p. 3*

planner to facilitate may be appropriate where the estate is complex or involves many people.

Listen. While family meetings are not democracies, they are an excellent opportunity for the head of the family to hear feedback. Who really wants to be in the family business, who doesn't need as large an inheritance as someone else, or who wants their inheritance structured in a particular way? Many heads of family have refined their estate plan following family meetings.

How often do you hold a family meeting? For the average family, every few years will be fine, or as circumstances warrant. For those with businesses or philanthropies, annual meetings are more appropriate.

Source: This column is produced by the Financial Planning Association, the membership organization for the financial planning community, and is provided by: Tim Murray, CFP®, CSA, an independent CERTIFIED FINANCIAL PLANNER™ Professional and Certified Senior Advisor with Murray Financial, Inc., in Chantilly, VA. Tim offers consultations on an hourly basis and may be reached by phone at 703-810-8424 or by e-mail at: TimMurray@MurrayFinancial.com.

HEALTH INSURANCE QUESTIONS?

Call the Virginia Insurance
Counseling &
Assistance Program (VICAP) at
703-324-5851.

Advocates Needed to Reinforce Rights

Are you diplomatic, assertive, and a good communicator? If you enjoy meeting people and can serve during the weekday, the volunteer ombudsman position may be for you. Each volunteer ombudsman is assigned to a specific local nursing home or assisted living facility, and makes weekly visits. By listening, observing, and mediating, the ombudsman works with the residents, their families, and the staff of the facility to ensure that the residents' rights are being protected.

A heavy dependence on the facility staff for basic daily care causes many residents to feel especially vulnerable. Others are unable to advocate for themselves or lack family members to aid them. They appreciate having an advocate from "the outside" assisting them with their concerns. The ombudsman empowers residents and their families to speak up on their own behalf, and helps them to address problems within the facility that they cannot resolve alone. Some of the issues that volunteers have handled include: insufficient help to eat or drink; staff shortages; food quality or choice; inadequate hygiene care; inaccessible nurse-calling devices; lack of meaningful activities; and safety hazards. Often the volunteer ombudsmen have suggested creative solutions that the facility staff has adopted.

The next training for prospective Volunteer Ombudsmen is September 12, 13, and 23, 2005, 9:00 a.m.-4:30 p.m. each day. Interviews of applicants will be held in July and August. Applicants must be available to volunteer four hours per week, during regular business hours. Volunteer ombudsmen must not be employed by a long-term care facility.

This initial training addresses such issues as residents' rights, communicating with people with physical or mental impairments, long-term care facility personnel and operation, and complaint handling. Support by the professional ombudsman staff and periodic in-service training are provided thereafter.

The Ombudsman Program is a federally-mandated public service funded in part by the Fairfax Area Agency on Aging.

For further information and an application, please call **703-324-5435** or visit our Web site: www.fairfaxcounty.gov/ombudsman.

VOLUNTEER OPPORTUNITIES

One of the best ways to spend your time is to volunteer. Everyone benefits from volunteering. The agencies receive the help they need, and the volunteers receive satisfaction from helping others.

Hidden Oaks Nature Center in Annandale needs volunteers to greet people at their front desk. A 4-hour schedule weekly or bimonthly is requested. Call **703-941-1065**.

Inova Fairfax Hospital needs volunteers for the Hospital Elder Life Program (HELP). Volunteers assist elderly patients with meals, communication, recreational activities, and walking to keep them mentally and physically active. Training is provided. Call Susan Heisey at **703-776-6824**.

The **Meals on Wheels program** (MOW) needs volunteers to deliver meals in the Annandale, Bailey's Crossroads, and Clifton areas, and at Little River Glen in Annandale. Drivers can volunteer to deliver meals weekly, biweekly, or monthly on weekdays from 11:30 a.m.-1:30 p.m. Call the Volunteer Intake Line at **703-324-5406**.

The **Northern Virginia Mental Health Institute** needs volunteers to cut hair at their facility on Gallows Road, behind Inova Fairfax Hospital. Volunteers must be licensed cosmetologists. Haircuts are given twice each month for 20 patients who are unable to leave the facility. Call Sandra Smith at **703-645-4001**.

Our Daily Bread provides food and emergency financial assistance to needy families in Fairfax County. They need volunteers to do data entry and administrative tasks at their Fairfax office; deliver groceries from the Food Pantry in Vienna; and do client intakes on the phone (can be done from home). Call Pam at **703-273-8829**.

The **Shepherd's Center of Oakton-Vienna** needs volunteers in the Fairfax, Falls Church, McLean, Oakton, and Vienna areas to provide transportation for seniors to medical appointments, shopping, and errands. Call **703-281-0538**.

Western Fairfax Christian Ministries has volunteer opportunities to help in the clothes closet and food pantry located in Chantilly. Volunteers are needed to sort and hang clothes; bag groceries; stock shelves; pick up food donations; and read to underprivileged children. Call Sandy Miller at **703-988-9656**.

To have a volunteer opportunity considered for this column, e-mail or fax your submission to **Retha Lockhart** by the first of the month one month in advance.

E-mail:

retha.lockhart@fairfaxcounty.gov

Fax: 703-449-8689

Phone: 703-324-5407

2005 White House Conference on Aging Dates Changed

The dates of the White House Conference on Aging have been changed. The new dates are December 11-14 (originally it was scheduled for October 23-26).

The White House Conference on Aging is a decennial event intended to produce recommendations for the President and Congress to help guide national policies on aging for the next decade and beyond. The conference theme is *The Booming Dynamics of Aging: "From Awareness to Action."*

For more information on the event, visit the Web site at www.whcoa.gov.

**If you prefer the
Golden Gazette in
large print, call
703-324-5633.**

Termites...The Uninvited Guests

by Ellyn Kay

When Lynn Mead purchased her town house, she retained the pest control company that had serviced her previous residence. She was 3 years into her termite protection policy when a representative from the company paid her a visit. The representative informed Lynn that her termite protection policy could no longer be renewed by the company, because the Environmental Protection Agency (EPA) had banned the termiticide that the company used to treat infestations. Lynn was told that her only option was to install monitoring stations at a substantially higher price than the termite protection policy. Since Lynn had no reason to question the information presented to her by this salesman, she succumbed to the high pressure sales tactic and signed a new contract for the installation of the termite monitoring stations.

In her contract, Lynn had agreed to pay for the monitoring stations in three monthly installments. However, Lynn discovered that, in addition to cashing her three installment checks, the company also placed an unauthorized charge on her credit card. When the company ignored her requests to correct their erroneous billing, Lynn sought assistance from the Fairfax County Consumer Protection Division. After researching the division's complaint history online, Lynn discovered that her termite protection company had a lengthy complaint history.

After reviewing Lynn's complaint, the Consumer Protection Division investigator discovered that the billing dispute was only part of the story. Since the contract was signed in Lynn's home, a 3-day right of cancellation was required under the Virginia Home Solicitation Sales Act, but had been excluded from Lynn's contract. In addition, the investigator researched the phantom "banned termiticide" with the Virginia Department of Agriculture and the Environmental Protection Agency. Both agencies informed the investigator that only two termiticides had been previously banned (Chlordane

and Dursban). Information received from the EPA revealed that Diazinon, although currently being phased out, was not recently banned. In fact, dozens, if not hundreds, of termiticides are currently available for use as a liquid barrier, which is injected directly into the soil around the perimeter of a dwelling, to prevent damage to the dwelling by termites.

Plastic monitoring stations, a relatively new technology, are filled with wood and placed at 10 foot intervals around the perimeter of a dwelling. As soon as termites are attracted to the wood, the wood is then replaced with a cellulose ingredient that is ingested and shared by the termite colony, slowly destroying them. However, if there is a termite infestation within the dwelling, any damage resulting from the infestation must be addressed with a termiticide and removal of the damaged wood. A termite protection policy can cost approximately \$90 annually. However, monitoring stations can cost upward of \$900. Last year, it is estimated that 1 in every 25 homes in Fairfax County had a termite problem.

According to Frank Filipy, pesticide investigator with the Virginia Department of Agriculture, the following recommendations will serve to discourage termites from dining on your dwelling:

1. Check areas where utility services enter the structure for evidence of mud tunnels. Seal these areas.
2. Disturb the soil around the exterior foundation areas to check for mud tunnels.
3. Move mulch 6 inches back from the structure.
4. Keep gutters clean and route water away from foundation areas with downspouts.
5. Regrade any area that holds water next to the foundation.
6. Repair plumbing leaks.
7. Do not store firewood under a porch or next to the house.

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Termites *Cont. From p. 6*

8. Do a thorough inspection of the attic.
9. Be aware of irrigation systems that bombard the foundation with water.
10. Keep trees and branches trimmed away from walls and the roof.

After intervention by the Consumer Protection Division, a cancellation of Lynn Mead's contract and a full refund were requested and obtained from her pest control service. In addition, the company agreed to comply with the Virginia Home Solicitation Sales Act by inserting a 3-day cancellation notice into its contracts. By the way, it was later confirmed, after further investigation, that this pest control service is still selling termite protection policies that include a liquid termiticide treatment.

Consumer Advice

The Consumer Protection Division advises homeowners to obtain estimates from more than one pest control company. Ask each company to send you information on the products they use, such as chemicals and monitoring stations. Also request a blank copy of their contract so that you are able to determine exclusions and additional fees. Comparison shop. Read each contract carefully. Make sure that a 3-day right of cancellation is included prior to the signature line. Ask to see a salesperson's solicitor license, issued by the Fairfax County Consumer Protection Division, if you are solicited by a company who engages in door-to-door solicitation.

If you are purchasing a termite protection policy, ask what insurance company is underwriting it, or if the pest control service is self-insured. If a pest control company is self-insured and goes out of business, your policy may become worthless. Use the EPA Web site to research any suspicious information that you are given verbally.

If you have questions concerning information about termite protection methods, or would like to confirm that a company and its technicians are appropriately licensed, you may contact the Virginia Department of Agriculture at **703-324-5321** or **1-804-786-3798**.

You may contact the Fairfax County Consumer Protection Division at **703-222-8435** to:

- To find out if there are complaints registered against a company, the nature of each complaint, and how these complaints were resolved.
- To file a consumer complaint against a pesticide control service. You may contact the Fairfax County Consumer Protection Division to obtain a complaint form. You also may file your complaint online at www.fairfaxcounty.gov/dcccp.

Source: Ellyn Kay is an investigator with the Fairfax County Consumer Protection Division.

New Cub Run RECenter Now Open

Cub Run RECenter, the much anticipated 65,000-square-foot recreational facility in western Fairfax County is open. The Fairfax County Park Authority's newest RECenter is an \$18.5 million state-of-the-art facility. It features the Park Authority's first indoor leisure pool complete with two slides, vortex, and spa, a competition pool, the largest fitness center of any Park Authority RECenter, a wi-fi-enabled lounge, and a variety of other 21st century features.

Cub Run is located at 4630 Stonecroft Boulevard, adjacent to Westfield High School, just west of Chantilly. The phone number is **703-817-9407**.



ANNE & GLENN DRUMMOND—VOLUNTEERS OF THE MONTH

by Michelle Yi, Volunteer Reporter/Photographer

There are many reasons people volunteer with the Fairfax Area Agency on Aging. For Glenn Drummond, the motivation came from his wife, Anne, who offered the suggestion after he retired. The Drummonds, who have been residents of Fairfax County since 1955, have volunteered regularly with the Meals on Wheels (MOW) program since 1987. Twice a month they deliver about 16 meals on their route located in Chantilly/Centreville. They understand that many of the people served through this program do not have much contact with others. They are pleased when they are greeted with, "Oh, so glad to see you kids." Anne's and Glenn's senses of humor, caring ways, and selfless attitudes are characteristics that make them wonderful volunteers.

Their devotion is not only apparent by the length of time served as volunteers, but also through an incident that occurred this past January. While delivering meals, Anne and Glenn were involved in an automobile accident. As Anne was on her way to the hospital, Glenn called the assistant scheduler to have someone pick him up so he could finish delivering the remaining three meals and catch a ride back. Although Anne's car was totaled, her injuries are healing well, and the couple continues to volunteer.

Anne grew up in Pineville, Kentucky, and attended the University of Kentucky as an English major. After graduation, she worked for a life insurance company and then joined the Navy during World War II. Glenn was born in Missouri and grew up and went to school in Kansas. He attended Northwest Missouri State, and later joined the Navy. While serving in the Navy, he became ill and was sent back to the U.S. to the weather station in Oleatha, Kansas, for rehabilitation where he met Anne. They soon married, and Anne held down the fort at home raising four children while Glenn was away at sea—sometimes as long as 8 months. He retired from the Navy after 27 years of service and went to work for



Volunteers Anne and Glenn Drummond

Fairfax County as a magistrate. He retired from that job 17 years ago.

Anne and Glenn have two grandchildren whom they adopted and raised after their eldest daughter was killed. They also have two great-grandchildren.

Sports were a big part of the couple's life. Their children played various sports including Little League. Glenn ran in the Senior Olympics up until Anne talked him out of it about 2 years ago. He enjoys doing crossword puzzles and collects miniature lighthouses. Anne enjoys reading in her spare time.

Anne and Glenn say, "Volunteering is necessary and enjoyable. It doesn't take that much time or cost anything, and it makes you feel good—especially when people are glad to see you. The hospital staff (who prepare the meals) and the people at the Fairfax Area Agency on Aging are all interested in helping." Anne and Glenn readily encourage others to volunteer their time.

SENIOR CENTER HIGHLIGHTS



These programs are administered by the Department of Community & Recreation Services, with the exceptions of the City of Fairfax and the City of Falls Church senior centers and the Gum Springs Community Center. If participation accommodations are needed in accordance with the Americans With Disabilities Act, please call 703-324-5544 or TTY 703-222-9693 at least 10 working days in advance of the event. **All events are free unless otherwise noted.** The symbol RR means reservations are required. These are just a few of the activities offered. Call the center nearest you for a complete listing or if you have questions. **All Senior Centers will be closed on Monday, July 4.**

<u>Bailey's</u> <u>Bailey's Community Center</u> <u>5920 Summers Lane</u> <u>Bailey's Crossroads, VA 22041</u> <u>Phone: 703-820-2131</u>	Wednesdays	11:00 a.m., Chair Aerobics With Mindy.
	Wednesdays	12:30 p.m., Line Dancing With TJ.
	Thursdays	1:00 p.m., Book Club Meeting.
	Fri. 7/1	11:30 a.m., Independence Day Celebration/Picnic.
	{ Tue. 7/12	10:00 a.m.-3:00 p.m., 2-Day AARP Driver Safety
	{ Thur. 7/14	Program. \$10.(RR)

City of Fairfax
4401 Sideburn Road
Fairfax, VA 22030
Phone: 703-359-2487

Call center for information on activities.

<u>City of Falls Church</u> <u>223 Little Falls Street</u> <u>(Next to City Hall)</u> <u>Falls Church, VA 22046</u> <u>Phone: 703-248-5020/5021</u>	Mon. 7/11	12:30-2:30 p.m., Lunch Bunch at Great American Steak Buffet. \$1 Van + Lunch on Own. (RR)
	Wed. 7/13	12:00 p.m., <i>Fad Diets</i> by George Matta, Nutritionist. (RR)
	Fri. 7/15	10:15 a.m.-1:00 p.m., Tour of Old Colonial Courtroom. \$1 Van. (RR)
	Wed. 7/20	11:00 a.m.-2:00 p.m., Senior Picnic (bring dish to share or pay \$3 by 7/15). (RR)
	Tue. 7/26	9:00 a.m.-4:00 p.m., Trip: Baltimore & Ohio Railroad Museum. \$11. (RR)
	Wed. 7/27	10:15 a.m.-1:00 p.m., Miniature Golf at Cameron Run Regional Park. \$1 Van. (RR)

<u>Franconia/Springfield</u> <u>Lane Elementary School</u> <u>7137 Beulah St.</u> <u>Alexandria, VA 22315</u> <u>Phone: 703-924-9762</u>	Tue. 7/5	12:45 p.m., Exercise With Tina.
	Thur. 7/7	12:45 p.m., Eat and Grow.
	Tue. 7/12	10:00 a.m., Looking for Bridge Players!
	Tue. 7/19	12:30 p.m., CVS Presentation: <i>Basic Summer First Aid</i> .
	Fri. 7/29	12:30 p.m., Birthday Celebrations.

<u>Groveton at South County</u> <u>8350 Richmond Highway</u> <u>Ste. 325</u> <u>Alexandria, VA 22309</u> <u>Phone: 703-704-6216</u>	Wednesdays	12:30 p.m., Computer Lab.
	Thursdays	1:00 p.m., Conversational Spanish With Julia.
	{ Thur. 7/21	10:00 a.m.-3:00 p.m., 2-Day AARP Safe Driving Program.
	{ Thur. 7/28	\$10. (RR)
	Thur. 7/28	8:30 a.m.-4:00 p.m., Health Fair. Appointments Necessary. Please call the center for details!

S E N I O R C E N T E R

Gum Springs

Gum Springs Community Center
8100 Fordson Road
Alexandria, VA 22306
Phone: 703-360-6088

Mondays	10:00 a.m., Sewing and Quilting.
Tuesdays	10:30 a.m., Ceramics.
Wednesdays	10:30 a.m., Shopping/Bowling (Alexandria Bowling Center).
Thursdays	1:00 p.m., Bingo.
Fridays	10:00 a.m., Low-Impact Exercise.

Herndon Senior Center

873 Grace Street
Herndon, VA 20170
Phone: 703-464-6200

Saturdays	1:00 p.m., Themed Bunko Parties.
Wed. 7/6	1:00 p.m., Cardinal Cloggers.
Fri. 7/8	10:15 a.m., Music With Beth.
Mon. 7/18	1:00 p.m., Ice Cream Sundaes. \$1.

Hollin Hall

1500 Shenandoah Road
Alexandria, VA 22308
Phone: 703-765-4573

Mon. 7/11	12:30 p.m., Park Police Horses Visit. (RR)
Fri. 7/15	7:30 p.m.-9:30 p.m., <i>Dancing in the Dark</i> With Mt. Vernon Swing Band. \$4/Person.
Fri. 7/22	10:00 a.m., Poetry Appreciation With Patti. (RR)
Tue. 7/26	9:30 a.m., High Tech Consumer Products. (RR)
Thur. 7/28	1:00 p.m., CVS: <i>Basic Summer First Aid</i> .

James Lee

James Lee Community Center
2855 Annandale Road
Falls Church, VA 22042
Phone: 703-534-3387

Mon.-Fri.	9:00 a.m.-12:00 p.m., Fitness Center Hours.
Mon.-Fri.	1:00 p.m., Fitness Walking Club.
Mondays	10:00 a.m., Shopping Trips.
Tuesdays	10:30 a.m., Line Dancing.
Wednesdays	10:30 a.m., Line Dancing.

Lewinsville

1609 Great Falls Street
McLean, VA 22101
Phone: 703-442-9075

Thur. 6/30	12:00-1:00 p.m., Independence Day Holiday Celebration.
Thur. 7/7	12:30 p.m., CVS Presentation: <i>Treating Joint Pain</i> .
Mon. 7/11	10:45 a.m., Red Hat/Tie Guy Lunch at Amphora Restaurant in Vienna. \$1 Trip. (RR)
Thur. 7/14	12:30 p.m., Bastille Day! Learn About the French Holiday.
Tue. 7/19	11:00 a.m., Red Hat/Tie-Guy Luncheon at Forbidden City in McLean. \$1 Trip. (RR)
Thur. 7/28	12:30 p.m., July Birthday Celebration.

Lincolnia

4710 North Chambliss St.
Alexandria, VA 22312
Phone: 703-914-0223

Thursdays	12:00 p.m., Duplicate Bridge. (Fee)
Thursdays	12:45 p.m., Bingo.
Fridays	1:00 p.m., Happy Hour, Entertainment, and Games!
Tue. 7/12	10:00 a.m.-12:00 p.m., Blood Pressure Screening. Walk-in.
Tue. 7/19	10:30 a.m., CVS Presentation: <i>Basic Summer First Aid</i> . (RR)

HIGHLIGHTS CONTINUED

Little River Glen
4001 Barker Court
Fairfax, VA 22032
Phone: 703-503-8703

Tue. 7/5 11:00 a.m., CVS Presentation: *Basic Summer First Aid*.
 Tue. 7/5 1:00 p.m., LRG Chorus Performance: *A Patriotic Tribute to Summer*.
 Thur. 7/7 3:00 p.m., Tai Chi. (RR)
 Fri. 7/8 10:00 a.m., VIB (Visually Impaired/Blind Adult) Support Group.
 Wed. 7/20 1:00 p.m., Birthday Party With the Cardinal Cloggers.

Lorton
7722 Gunston Plaza
Lorton, VA 22079
Phone: 703-550-7195

Tuesdays 10:30 a.m., Forever Young Exercise Classes at Gold's Gym. Free for Center-Registered Seniors. (RR)
 Fridays 2:30 p.m., Pinochle Group Welcomes New Players. (RR)
 Fri. 7/1 12:30 p.m., Advisory Council Independence Day Ice Cream Social With Music by Chris Edwards. (RR)
 Thur. 7/14 12:30 p.m., Elderlaw Attorney K.Cossa: *Protect Assets of a Disabled Child or Adult and What Is Pro Bono?* (RR)
 Tue. 7/19 10:30 a.m., Red Hat Society Chapter's Monthly Meeting. Join Us! (RR)

Pimmit Hills
7510 Lisle Avenue
Falls Church, VA 22043
Phone: 703-734-3338

Mon. 7/11 10:30 a.m., Crochet Class.
 Fri. 7/15 1:00 p.m., Line Dancing Class.
 Mon. 7/18 10:30 a.m., Jazzercise Class.
 Wed. 7/20 10:30 a.m., Movie Classics. (RR)
 Mon. 7/25 11:00 a.m., Asian Art Classes. (RR)
 Fri. 7/29 1:00 p.m., Line Dancing Class.

Sully
5690 Sully Road
Centreville, VA 20124
Phone: 703-322-4475/4479

Mon. & Wed. 10:00 a.m., Join Us for a Game of Bridge.
 Fri. 7/1 10:30 a.m., *Welcome to July* With Michael Sparks.
 Mon. 7/11 12:30 p.m., Accordion Music With Jerry Roman.
 Mon. 7/18 12:30 p.m., CVS Presentation: *Basic Summer First Aid*.
 Mon. 7/25 10:00 a.m., Intergenerational Program With Girl Scouts & Brownies.

Wakefield
Audrey Moore RECenter
8100 Braddock Road
Annandale, VA 22003
Phone: 703-321-3000

Wed. 7/6 10:15 a.m., Reading Discussion. (RR)
 Fri. 7/8 11:00 a.m., CVS Presentation: *Basic Summer First Aid*.
 Mon. 7/11 10:30 a.m., Oi-Gong. \$5/8 Weeks. (RR)
 Wed. 7/13 10:00 a.m., Medieval Times Matinee. \$39. (RR)
 Mon. 7/18 10:30 a.m., Movie and Popcorn. (RR)
 Wed. 7/20 11:30 a.m., Paul Presents *Fad Diets*. (RR)

Additional Locations for Meals/Other Activities

David R. Pinn Community Center
10225 Zion Drive
Fairfax, VA 22032
Phone: 703-250-9181

Huntington Community Center
5751 Liberty Drive
Alexandria, VA 22303
Phone: 703-960-1917

FREE HOME REPAIRS

Fairfax County's Home Repair for the Elderly Program provides free home repairs to homeowners who are 62 or older, and/or disabled; and have a maximum income of \$40,600 for 1 person, or \$46,400 for 2 persons.

Typical services include:

- Minor electrical repair • Plumbing work • Painting
- Repairing steps, floors, etc. • Minor accessibility modifications

Fairfax County Residents - Apply now for **FREE REPAIRS**

Call 703-246-5154 TTY: 703-385-3578



What Are Practice Guidelines?

As the name implies, practice guidelines are recommendations for how to diagnose and treat specific medical conditions. They are usually created by groups of experts who sift through available scientific studies and summarize the best practices supported by the evidence. Practice guidelines are a manifestation of what is sometimes called “evidence-based medicine.”

The best practice guidelines are created by reputable medical organizations like medical specialty societies and nonprofit associations. They represent state-of-the-art management approaches. Since medical knowledge is always changing, they are periodically updated. Scores of excellent guidelines are now widely available to both physicians and patients. Here are just two examples.

Example #1: Type 2 Diabetes

Type 2 diabetes affects 18.3% of people age 60 and older, or about 8.6 million people. The risk of death among diabetics is about twice that of nondiabetics. Diabetics have markedly increased risks of heart attack, stroke, visual loss, nerve damage, kidney failure, and amputations. Extensive research has proven that managing diabetes aggressively can drastically reduce these complications. Sadly, however, only a minority of Type 2 diabetics are receiving optimal treatment.

Enter the American Diabetes Association (ADA). For years now the ADA has been publishing periodic standards regarding all aspects of diabetes care—screening, prevention, diagnosis, monitoring, basic treatment, and management of complications. If these standards were applied to all Type 2 diabetics, untold suffering and death would be avoided.

Among the ADA recommendations: blood pressure should be kept below 130/80; an A1C blood test should be performed two to four times per year; every patient should have a careful foot exam at least annually; those with heart disease or a total cholesterol of over 135

mg/dl should usually receive a “statin” drug to lower cholesterol below levels usually considered normal; a urine test for protein should be done at least annually.

Example #2: Hypertension

Hypertension is extraordinarily common. For people with normal blood pressures at age 55, the lifetime risk for developing hypertension is 90%. Hypertension is a leading cause of heart failure, stroke, and heart attack. Research has shown that effective blood pressure lowering can markedly reduce these bad outcomes. However, only 59% percent of people with hypertension are even on treatment, and only 34% are under control.

In an effort to improve these statistics, the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure has convened seven times in the last couple of decades to weigh current evidence and publish recommendations for doctors. These reports have become the gold standard for the management of hypertension.

Here are a few recommendations from the most recent report, released in 2003 and referred to as “JNC-7”: blood pressure of 140/90 or higher constitutes hypertension at any age and warrants treatment; people with blood pressures in the range of 120-139/80-89 should be considered prehypertensive and receive health-promoting lifestyle interventions; the goal of treatment should be to lower readings to below 140/90, or below 130/80 in those with diabetes or chronic kidney disease; most hypertensives will require two or more drugs, of which one should be a thiazide diuretic.

But Isn't Every Case Different?

Again, the answer is yes and no. Yes, individual circumstances may require physicians and patients to customize treatment and depart from standard recommendations. Some patients may be too ill from unrelated disorders to warrant aggressive adherence to a particular guideline. Others may not tolerate recommended treatments due to side effects. Some may not be able to adhere to recommendations due

to cost, lack of social support or many other reasons.

However, the commonalities among people with a given disease outweigh the differences. All things equal, patients should be offered diagnosis and treatment approaches supported by the scientific evidence. More and more, such approaches are found in high quality practice guidelines.

What Does This Mean for You?

The first priority for any patient with a chronic condition is self-education. Armed with good information about how a particular disorder should be properly managed, we can be better consumers of health care. For almost all common conditions, practice guidelines are easily available. Even those intended for physicians are often quite understandable to average readers, but some organizations also develop parallel guidelines intended for patients.

Ask your doctor tactfully if he or she feels you are receiving care consistent with the best guidelines available. Find out if he or she can give you literature summarizing the key treatment recommendations. Contact the relevant association or organization and ask for guideline information. Examples include the American College of Cardiology, the American Diabetes Association, the American Heart Association, the Arthritis Foundation, the American Academy of Neurology and many others. Best practices for managing your medical problems are out there. It can only help if you know about them.

Source: Dr. Benson is an internal medicine physician and president of Ready Hands Home Care, a Fairfax County company that provides companion care, personal assistance, and other services to help seniors remain safely independent at home.

Medicare: Part D or not Part D. That IS the Question! Part 3

The last two issues of the *Golden Gazette* highlighted the basics about Medicare Part D, listed a timeline for when various aspects of Medicare Part D would become effective, and provided information about the low-income subsidy program.

This issue will discuss automatic enrollment of limited income Medicare beneficiaries into a randomly selected prescription drug plan (PDP).

All Medicare beneficiaries will need to decide whether or not the Part D drug benefit is right for their prescription needs. If they decide to enroll in Medicare Part D, the initial enrollment period is from November 15, 2005 to May 15, 2006. It would be wise, however, to enroll before the end of December 2005 so their Part D coverage will be effective on January 1, 2006, when the program begins.

Special rules exist for limited income persons to enroll in a prescription drug plan (PDP). Those Medicare beneficiaries who also receive full Medicaid benefits, known as dual eligibles, will lose their Medicaid drug coverage as of January 1, 2006. Transitioning from Medicaid to Medicare for drug coverage is a two-step process:

- ◆ First, they will be enrolled automatically into a subsidy to help pay for their Medicare Part D premium and copayments. They will soon receive a letter from Medicare explaining this part of the process. Open the letter and read it!

- ◆ Second, they will be assigned automatically to a randomly selected Part D prescription drug plan (PDP) sometime around mid-October to meet their drug needs and will be notified of that selection. Open the letter and read it!

All beneficiaries need to review all materials received from Medicare regarding their drug plan assignment because their plan was not based upon their drug needs. If the enrollment materials reveal that their drugs are not covered by their randomly selected plan, then they will need to select a better plan during the initial enrollment

period from November 15 -December 31, 2005, so that they will have continued drug coverage effective January 1, 2006. Remember: these persons will no longer have Medicaid drug coverage after December 31, 2005.

A second group of limited income Medicare beneficiaries also will be automatically enrolled into the subsidy program. These persons have incomes somewhat greater than the Medicaid guidelines, but still qualify for financial help. These persons are called Medicare Savings Program (MSP) enrollees (QMBs, SLMBs and QI-1s), and SSI-only recipients. They also will receive a letter from Medicare stating that their records indicate the beneficiary gets help paying their Medicare premiums from the state Medicaid program.

Unlike the full dual-eligible persons described above, this group of persons will need to select their own prescription drug plan during the initial election period beginning November 15, 2005. If they do not select a plan by May 15, 2006, then Medicare will randomly assign a drug plan to them with an effective date of June 1, 2006.

If you are having difficulty understanding this new program, you are not alone. You should call Medicare at **1-800-633-4227** to ask questions and to receive their assistance enrolling in a plan. You also may contact your local State Health Insurance Assistance Program (SHIP), known as VICAP in Virginia. The VICAP phone number for Fairfax area residents is **703-324-5851**.

Need help with your low-income subsidy application? See next column on this page. for a list of training sessions offered in the county.

Need Help With Your Medicare Low-Income Subsidy Application?

Several training/information sessions are being held for people who need help to complete the low-income-subsidy application (LISA). The lead trainer will be David Melton from the Social Security Administration (SSA). The July dates for the SSA Training are:

- **Wednesday, July 13. 10:00 a.m.-12:00 p.m.**
Reston, Northwest Center
1850 Cameron Glen Drive
Reston
Contact: Libby Jenkins, 703-481-4100 or
Sherri Gillam, 703-968-4051
- **Wednesday, July 13. 2:00-3:30 p.m.**
Chantilly, Northwest Center
14150 Park East Circle, Ste. 200
Chantilly
Contact: Sherri Gillam, 703-968-4051
- **Friday, July 22. 11:30 a.m.-1:30 p.m.**
Springfield Mental Health Center
8348 Traford Lane, 3rd floor, Rm. 60
Springfield
Contact: Gowri Sosale, 703-866-2103
- **Tuesday, July 26. 11:30 a.m.-1:30 p.m.**
South County Center
8350 Richmond Highway, Rm. 221C
Alexandria
Contact: Vanessa, 703-704-7080

Sorry— We Goofed!

In the June issue in the article on Medicare Part D, page 1, there were two errors:

1. Column 1, 3rd bullet, "If the beneficiary reaches drug **out-of-pocket** drug spending needs over \$5,100... It should be **\$3,600.**"
2. Column 2, second paragraph, the correct phone number for the Social Security Administration is **1-800-772-1213.**

Monthly Support Groups

* **Amputee Support Group of Northern Virginia.** Meets on the first Tuesday of every month, 7:30-9:00 p.m., at the Telestar Court Building, 2990 Telestar Ct., Gemini Room, Falls Church. Contact Irvin Axelrod at **703-222-7120** or asgnva@earthlink.net.

* **Fibromyalgia/Arthritis Support Group.** Meets on the second Thursday of the month, 1:00 p.m., at Sherwood Library, 2101 Sherwood Hall Lane, Alexandria. Call Barbara at **703-913-0890**.

* **Mended Hearts Support Group.** Meets on the first Wednesday of the month, 7:30-9:00 p.m., at the Telestar Court Building, 2990 Telestar Ct., Gemini Room, Falls Church. Contact John Braddon at **703-385-9694** or jbraddon@cox.net.

* **Neuropathy Organization of Northern Virginia.** Meets on the second Saturday of the month, 1:30-3:30 p.m., at 2990 Telestar Court, Falls Church. Call Mary Baldrige at **703-491-6690**, or Joanne Holman at **703-998-8143**.

* **Northern Virginia Post-Polio Support Group.** Meets on the second Saturday of each month, 10:30 a.m.-12:00 p.m., at the Mason Government Center, Annandale. Call **703-560-8852**.

* **Northern Virginia Support Group of the Well Spouse Foundation (WSF).** Meets on the third Monday of the month, 7:00-9:00 p.m., in the conference room at Supervisor Bulova's office, 9002 Burke Lake Road, Burke (adjacent to the Kings Park Library). The WSF supports spousal caregivers for the chronically ill or disabled. Call **703-425-2430**.

* **Parkinson's Disease Care Partners Support Group.** Meets on the third Wednesday of the month, 7:30 p.m., at Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Call **703-891-0821**.

* **Widow/Widower Support Groups.** Meet on the second and fourth Tuesdays of the month, 7:30-9:00 p.m. Sponsored by Haven of Northern Virginia, 4606 Ravensworth Road, Annandale. Call **703-941-7000**.

Grief Support Groups

The Church of the Nativity, at 6400 Nativity Lane, Burke, sponsors two free monthly grief support groups:

1. **General Bereavement Support Group.** Meets 7:30-9:00 p.m., the first and third Thursday of each month. Open to adults of all faiths. For information, call Carol Mack at **703-455-2400**.

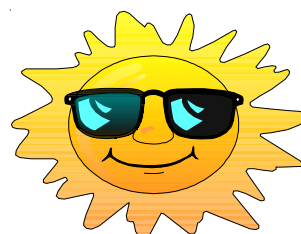
2. **Grief Support Group for Men.** Meets 7:30-9:00 p.m., the second Thursday of each month. Men of all faiths are invited. Call **703-455-2400, Ext 234**.

Thanks to Artie's Restaurant for Supporting Meals on Wheels

Great American Restaurants helps support various community organizations through dessert sales in their restaurants. Artie's Restaurant, one of the seven "Great American Restaurants" located in the Washington metropolitan area, has designated the Meals on Wheels (MOW) program as the recipient of 25% of its dessert sales. Since July 2002, the substantial checks from Artie's have helped many seriously ill and disabled adults benefit from the nutritious meals provided by MOW.

The MOW program is extremely appreciative of this unexpected source of financial support from the community at a time when the need for this vital service has grown dramatically.

You can support this effort by stopping by Artie's Restaurant, at 3260 Old Lee Highway in Fairfax, to enjoy a great meal, and be sure to treat yourself to dessert!



Fairfax County and SeniorNavigator Form New Partnership

Fairfax County has joined with a Web-based, statewide information service called SeniorNavigator to provide information and resources for seniors and adults with disabilities through one consolidated access point on the Internet. The SeniorNavigator site provides Internet access to a database describing nearly 19,000 local public and private services in Virginia, including over 1,600 public and private services within Fairfax County. The site also connects visitors to hundreds of informative, authoritative articles, and offers an "Ask the Expert" feature that allows visitors to ask questions confidentially and receive answers from specialists in various disciplines.

SeniorNavigator features a "high-tech, high-touch" approach to providing information. The technology component is a consumer-friendly Web site that may be accessed either directly at www.seniornavigator.org or through Fairfax County's Web site at www.fairfaxcounty.gov/seniors. Over 40 SeniorNavigator centers already have been established in public and private locations in the community, including county libraries, community centers, and senior centers. Trained staff or volunteers are available to help people use this new resource. To find the SeniorNavigator center nearest you, call SeniorNavigator toll free at **1-866-393-0957 (TTY 711)**.

The Fairfax Area Agency on Aging will provide the ongoing coordination of this service.

**For information on
volunteering at the Fairfax
Area Agency on Aging,
please call our
Volunteer Intake Line at
703-324-5406.**



Fairfax County & SeniorNavigator

Your connection to valuable
health, disability and aging resources

Searching to find health and aging resources for yourself or a loved one? SeniorNavigator can help—connecting seniors, adults with disabilities, and caregivers to hundreds of local programs and services.

Here's How It Works:

Go to www.fairfaxcounty.gov/seniors and click on **SeniorNavigator**.

Quick Search: Type the topic of interest and ZIP code or county into the blue box located in the left column.

Customized Search: Directly below the Quick Search box, click the Customized Search, select a topic or location from the menu, and add filters to refine your search.

Search by Subject: If your main interest is finding articles and links, click on one of the five main topic buttons located across the top of the homepage.

Additional Features of SeniorNavigator:

Ask an Expert: One-on-one professional help with medical, legal, financial and housing concerns.

E-Quicktips: Free information emails providing up-to-date aging and caregiving tips twice a month.

Needs Assessment: An interactive guide to finding support services tailored to your own personal needs.

Don't have a computer? Contact SeniorNavigator to locate the nearest SeniorNavigator Center where a trained professional can help you find the services you need.

**For more information,
call SeniorNavigator
toll free at 1-866-393-0957;
TTY 711.**



CAREGIVER'S CORNER

Making Nursing Home Visits a More Memorable Experience

Summertime is here, and there may be extra opportunities to visit with loved ones. Whether you are a caregiver of an older adult, or visiting on an occasional basis, these ideas may be useful.

For many of us, visiting a loved one in a nursing home or assisted living can be challenging. We may feel pressured to make enjoyable conversation. Prior to your next visit, jot down a few questions to ask.

The use of questions to stimulate conversation is a time-tested method; however, in addition to generating meaningful discussions and sharing great stories, questions can enlighten us in many other ways. For example, we may find we are learning of new rewarding hobbies, interesting events, and great travel destinations. Even more importantly, to those in unfamiliar places away from their homes and loved ones, questions show an in-depth interest in self and life, helping to increase feelings of self-worth and ease feelings of loneliness.

Visits to the nursing home or hospital can be especially tough on young people. If you are taking a younger person along to visit an older loved one, ask the child to think of a question or two to ask. They might ask about what life was like when their loved one was a child or what they might have done for entertainment. This type of conversation will make the child feel included, and may even create a bond that will carry through to the next visit.

Here are a few questions you might ask your loved one:

- Who are your favorite singers/musicians or actors/actresses?
- Have you ever met someone famous?
- What are your favorite travel destinations?
- Can you tell me about your wedding day?
- What are your favorite foods/desserts/drinks?
- What were your favorite childhood activities?

Try to present the questions in a conversational manner—if your loved one does not appear interested in the question, move on. Don't try to pry, and be careful not to make them feel uncomfortable. Some people will enjoy talking about certain aspects of their life, while they may shy away from other topics. Just follow their cues. Remember, this exercise is about bonding and communicating. Also remember that asking open-ended questions, rather than those requiring a yes-no answer, will spur conversation.

Additionally, for those who are afflicted in a way that may limit responses, these questions will reinforce your own feelings of being connected. In the late stages of his life, my grandfather often would appear to be staring off into space. When he would answer a question with a yes/no response, it wasn't readily apparent that he was actually communicating with us. But there was little question of communication when he responded "chocolate ice cream," to the question "What is your favorite dessert?"

I treasure the memories of my grandparents, but I wish I knew more about their lives. Once they can no longer tell their stories or respond to questions, the experiences are lost to the next generation. Asking questions now will prevent you from one day wishing you had inquired a little more, rather than passing time talking about the weather.

In the end, you will have had an enjoyable visit with your loved one, and you may have learned a thing or two about life and yourself.

Source: C. S. Manifold is the author of the question and answer book "Knowing Me, Knowing You. A Biography of You and Your Loved Ones." To learn more about the author or his project to raise money to help find a cure for Alzheimer's disease, or to purchase his book, visit his Web site at www.CSManifold.com.

COMMUNITY CALENDAR

July 8. 9:00-10:00 a.m. Tropical Treasures. See some of the "must haves" on this Green Spring Gardens tour. Learn tips on propagation, uses, and winter storage. \$9. Green Spring Gardens Park, 4603 Green Spring Rd., Alexandria. Call **703-642-5173**.

July 14 & July 21. 1:00 -2:00 p.m. Two free workshops (part of a series) offered by the Reston Community Center/Lake Anne, 1609 Washington Plaza, Reston. To register, call **703-476-8617**.

7/14. Stretching and Flexibility. Learn to loosen up tight muscles, enhance flexibility; improve range of motion and posture and relieve stress.

7/21. Balance, Stability and Coordination. Enhance balance, posture, alignment and control. Wear comfortable clothes, bring water bottle, small pillow, and blanket.

July 14. 7:00 p.m. Home Computer Security Basics. Learn about threats facing home computers and how to protect confidential information. Patrick Henry Public Library, 101 Maple Avenue, E., Vienna. To register, call **703-938-0405**.

July 17. 5:30-6:30 p.m. Riverside Rambles. Explore Riverbend's natural treasures while walking with a naturalist and looking for birds, wildflowers, turtles, and perhaps a beaver. Watch as the sun sets slowly and lights up the Maryland shore. Free, but reservations

required. Riverbend Park, 8700 Potomac Hills St., Great Falls. Call **703-759-9018**.

July 17. 6:00 p.m. Environmental Book Club. Discuss *The Third Chimpanzee* by Pulitzer Prize-winner author Jared Diamond. Free, but reservations required. Northern Virginia Regional Park Authority, Meadowlark Botanical Gardens Visitor's Center, 9750 Meadowlark Gardens Ct., Vienna (between Rt. 7 & 123, off Beulah Rd.). Call **703-255-3632, Ext.102**. Web site: www.meadowlarkgardens.org.

July 24. 3:00 p.m. U.S. Navy Commodores. This premier jazz ensemble presents the finest in America's true classical music and features 18 of the Navy's top jazz and "big band" musicians. Free. McLean Central Park, at the corner of Old Dominion Dr. and Dolley Madison Blvd. (Rt. 123). Call **703-790-0123**.

July 26. 7:00-9:00 p.m. Lighthouse Suncatcher. Learn how to make everybody's favorite summer motif in stained glass. \$35 plus \$15 for materials (all tools supplied). Stained Glass Works, 13840 Braddock Rd., Ste. E, Centreville. Call **703-227-2340**.

July 30. 9:00 a.m.-1:00 p.m. Flea Market. Free for shoppers. Vendor fee \$30/space (table rental not available). Fryling Pan Park, 2709 West Ox Road, Herndon. Call **703-324-8750**.

"YOUNG" AT ART Show for Artists 55+ JULY 17-28, 2005

The 19th annual "Young" at Art show, sponsored by the Alexandria Commission on Aging, the Friends of the Torpedo Factory Art Center and the Retired and Senior Volunteer Program (RSVP), will be held at The Campagna Center, 418 S. Washington Street, Alexandria, from July 17-28, 2005. The juried show is open to all metro artists aged 55+. The fee for entering the first three works is \$10, plus \$5.00 for each additional entry. All mediums accepted.

Intake is on **Tuesday, July 12**, from 10:00 a.m.-1:00 p.m. The opening reception and award ceremony, which is open to the public, will take place on **Sunday, July 17**, from 2:00-4:00 p.m. at the Campagna Center.

"Young" at Art attracts accomplished artists who work in all mediums. The ages of previous artists have ranged from 55 to 88. Last year, 75 artists submitted 242 pieces—of which 66 were selected for the show. Awards include cash prizes for 1st, 2nd and 3rd places plus ribbons for five honorable mentions.

For entry forms and/or more information, please call RSVP at **703-549-1607** or e-mail Idienno@campagna.center.org.